

Special Interest Articles:

A WORD FROM
THE WISE

WHO GOT BIG
THANGS
POPPING

WHAT'S HOT
AND WHAT'S
NOT

DEAR LISA, THE
REAL ONE.

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Dear Lisa Foundation

Expressions From The Editor

Happy New Years to each and every one of you. I would like to express my gratitude to those of you that have participated and took apart of helping me to make this first issue of my newsletter a success. I have changed some things around that will be beneficial to each of you. After toying with the idea for months I have came up with a way to make my newsletter totally free to

the population and I am delighted to do so. I have started my own foundation called the Dear Lisa foundation I am hopeful that the outside community will help support my effort in this movement through donations and contributions to keep this development progressing for years to come. Dear Lisa Foundation is a non-profit organization. For

more info about the organization please read the "About Our Organization" column at the foot of the newsletter. For those of you that sent in order forms and money, I will be returning your money no later than the end of this calendar month. The newsletter will be sent out quarterly. So expect the next issue to be in your mailbox mid April. Enjoy.

A Word From The Wise

What do you value in life? Are the things that you value important enough to destroy the quality of your own life and others just to get those things? Most of us value material possessions more than our own health. We stress, depress ourselves, go into debt, and do destructive things to get these material things. However, once we obtain these things, we are still left feeling empty, discontent, and constantly chasing more, even though we already have enough. Why do we value Gucci, Mercedes, and all the other material things that we value? Why were

never satisfied with the things that we already have? Is it because the things that we value and chase have no direct connection to our own ideas? We are told and sold on society's perception of what's valuable and what's not. Rarely do we rate the value of things in our own mind as individuals. So, we chase "status quos", enter in marriages, mortgages, and careers only so we can appear to be valuable in the eyes of others, because we have what they value. As a result we are left feeling unfulfilled and miserable because we are not being

real with ourselves. We can never have any sense of self-empowerment when we are always living and chasing another person's dreams and values. As long as we allow others to define our reality, we will always be living a real fantasy. We will never love ourselves, accept ourselves, and empower ourselves until we embrace our own original ideas, and express our own uniqueness with love and confidence. Only then can we find a peace of mind on this spinning planet that's known to us as earth.

Halim Flowers



"Plex latest novels,"
"One Love"
And
Street Raised 2



Who's Got Big Thangs Poppin'?

(Arthur C. PLESS II)

"PLEX"

Is a 39 year old Miami native who's currently serving a life-sentence.

Plex is an accomplished author, editor, publisher of more than ten urban titles.

Plex entered the book game in 2008, and has since made "Badland Publishing, LLC" one of

the most accepted publishing houses in the US. He is the founder and part owner of "Book Gang Media". The media company's function is to market and develop an array of media products.

Plex is promoting a new magazine called "Urban Exposure" that focuses on urban affairs and up-and-coming talent. He is also in the process of

launching F.O.C.U.S. TV with fresh start executive Christopher "Chrizac" Roberts.

Plex holds a bachelors degree in Business Administration and has used his business suave to move over 20,000 books. He has earned praise and rave reviews from his associates and peers.

BIG UPS TO PLEX!

Prison Recipes

Mackerel Patties

3 cans of drained mackerel
A dash of picante sauce
Chopped onions
Chopped bell pepper
Chopped tomatoes
A sleeve of crushed saltine crackers
1 egg
Mix together in a large bowl and season to your taste with garlic powder and black

pepper.
When thoroughly mixed spoon heapings into the palm of your hand and roll it into a ball. Flatten the ball into miniature size patties. Use the lid of your microwave bowl to place the patties on. Leave space in between each patty. You can only fit 2 to 3 patties on a lid at one time.

Microwave the patties for

approximately 3 min. 1 1/2 min on each side and then remove them and place them in a bowl with a napkin place at the bottom to contain any remaining oil. Serve with fried rice, vegetables, and devil eggs on the side. (Yummy) If you have a good prison recipe that you would like to share email me with the recipe.

Health and Fitness

I know that we have been told not to eat before going to sleep; but these are some foods that if you are having a hard time falling to sleep just may be beneficial.

Bananas

The body converts bananas into serotonin and melatonin (these are hormones that promote sleep). Bananas also contain magnesium, which relaxes muscles.

Oatmeal

The oats are a good source of melatonin which help you to sleep and it is rich in vitamin B6 that increases serotonin levels; increasing your chances of a restful, deep sleep.

Honey

Honey added to warm milk deactivates a neurotransmitter called orexin that produces alertness making it easy to fall asleep.

Warm Milk

Yes its true it works warm milk contains the amino acid tryptophan, which has a sedative effect. So if you find that you can't sleep eat a bowl of oatmeal with bananas and drink a glass of warm milk with honey; and you will hopefully be off to dreamland in seconds.

Happy dreams

By: Charlette Jordan

What's Hot and What's Not !

HOT!!!

The next generation of booty shapes is here! Welcome to what is fake, but looks real.. If you have ever envied women with curvy hips and buttocks your blessing is here, PATTED BUTTNESS. You don't have to deal with the flat butt syndrome anymore. Patted Booties are invisible butt enhancers with a "secret "double layer of fabric that hides the pads and make panties look like a normal butt.

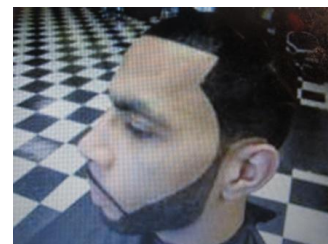
NOT!!!

A gold smile is a thing of the past. People with gold crowns usually have to brush and floss way more than the average person. After years of gold crowns covering the teeth, the teeth start to decay. Removing your gold grill is something you might want to consider. Porcelain work could be expensive but the investment may be well worth it in the long run. Let's see those pearly whites again. SMILE!

HOT!!!

Barbers are creating the appearance of a fuller head of hair on thinning clients. As well as sharpening hair and facial edges. Men are creating full beards and painting on hair. The term used in this process is called "blackout".

The product that is widely used is called, Bigen. Bigen is used to augment hair and not create hair. Nevertheless, men who are balding were excited to get a trace of their hair back.



"Black Out"

By: Michelle Mitchell

REAL TALK! No where, Now Here

When the judge's gavel struck everything became hazy like a dream. Nothing made sense to me. Everybody sounded like a bunch of drunk quacking ducks. With each day that passed, I felt the ropes that anchored me to my sense of self snap one by one. Desperately, I clung to whatever was left of me. Without it, who was I? Imagine being diagnosed with terminal cancer. All things that mattered in your life, you realize they really don't. You're dying, and you can't take anything to the grave with you. The fear of death has

away of stripping you of all your superficialness, and so does a lengthy jail sentence. I had made it to prison, a few months after I was sentenced. That was when the last rope tied to the old me snapped. Physically, I knew where I was. Mentally, I was NOWHERE. In a NOWHERE state of mind, I blamed everyone else for my troubles. Pointing the finger at someone else made it easier to accept my situation in my NOWHERE state of mind. I was constantly calling the streets I felt the need

to let everybody know I was still alive. Mentally, I wasn't ready to be forgotten. All I wanted was old pictures of me in my prime on the streets. The ones with me dressed fly, dripping with jewels. The ones of me sipping champagne on vacation in Cancun. The ones of me surrounded by all kind of exotic women. I wanted to show my bunkies that I was that dude out there. That I was really getting it out there, and I wasn't in the way. The truth was I needed to see them. They were my twisted form of justification for the time I got. Being in a NOWHERE

"I was constantly calling the streets. I felt the need to let everybody know I was still alive."
"VASHON SHAW"



“The path you choose from here will determine your future. You are now the architect of your fate.”

Continued No Where, Now Here

State of mind, isn't just about clinging to the old you. The feeling of NOWHERE can be:

- * The raw sadness of not being there for your kids.
- * The harshness of abandonment from those who you thought was your friends.
- * The thought of your girl or man leaving you.
- * Not being able to control anything on the outside, and having to depend on others for everything.
- * The embarrassment felt from disappointing the ones who truly love you.

I could go on, but you get the point. Then finally it happened. For me, it came early in my bid, but it can happen at any point in a bid. It is when the realization of your situation sets in. When you stop blaming others for your

troubles, and finally point the finger at yourself. You finally accept that the days and memories of your past are just that, the past. You let go of the future and what could've been. You no longer see your situation as the end of you, but the beginning of the new you . . . You are NOW HERE!

In the NOW HERE state of mind, you recognize that you are at a very important position in your life. The path you choose from here will determine your future. You are now the architect of your fate. You understand that the past is not the representation of who you are now. You have the ability to change, and the only one that can stop you is you. Also you going to have to drop the

ego and anger, it's going to do nothing but keep you in a state of NOWHERE. Focus on the Now, not yesterday or tomorrow. Not last month or next month, but the Now. Live minute by minute. Put all your energy into the present moment, because honestly it is the only thing you can control. In a NOW HERE state of mind, you're able to find your way again. You're able to come to grips with the time given to you. You're able to move forward and use the time to improve the parts of your life you didn't have time for. If you still feel like you're NOWHERE, Look in the mirror and say, I'm Now Here, you'll feel the power of those words instantly starting to work.

Did You Know

Did you know that most lipstick contains fish scales?

Did you know that the sun is 333,330 times larger than the earth?

Did you know that a cockroach can live several weeks with its head cut off? It dies from starvation

Did you know that you are born with 300 bones but when you get to be an adult, you only have 206?

Did you know that the state of Florida is bigger than England?

Did you know that chewing gum while peeling onions will keep you from crying?

Did you know that bats always turn left when exiting a cage?

Did you know that an oyster can change its sex once every seven days?

Did you know that an octopus has three hearts?

Did you know that your body is creating and killing 15 million blood cells per second?

Did you know that tourists visiting Iceland should know that tipping at a restaurant is considered an insult?

“Did you know that during a kiss from one person to another 278 different bacterial cultures are transmitted? Fortunately, 95 percent of them are not dangerous”

DEAR LISA (The Real One)

DEAR LISA,

What's up? I need some advice on a debate we are having on the yard. What do you say about brothers dating white girls? We are around lots of white girls, and some of the guys thinks that white is right! To be honest, I think white girls are good looking and I heard that they are freaks in bed. I want some feed back from you, and I don't want you to say, it's what ever you like or something like that, because I know a lot of black women don't like for brothers to date white women and since I'm from the dr dose that count if I jump the gate.

From FCI Beckley

Dear FCI Beckley,

About the debate you

guys are having on the yard, I would have to say what you ask me not to say, lol to each it's own if you think white is right then its right. There are beautiful women in every race. I don't have any hang ups about black men dating white women. Although you could be on to something when you said some black women do. I personal wouldn't date a black man that dates white women, because a brother that's dating me would have to have a desire to date a strong black sister. A sister that have felt his pain and struggles and know what they feel like. A brother that's dating me would have to appreciate and respect a woman that has limits to what they are

willing to do in bed and who they are willing to do it with. A brother that's dating me would have to love and adore my kinky hair, my dark skin, my wide hips and my sharp tongue. A brother that's dating me could never find comfort in a white woman if he found comfort in me. So, to all the brothers on the yard, I would say don't look at color, look inside out, beauty is only skin deep, when age steal your woman's beauty and menopause take her freak level down from a 10 to a 3 what will you have to entertain you then? Look for character; it will endure the test of time. It won't let you down when everything around you have.



*"You got questions,
I got answers"*

Write to

Dear Lisa

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Or email

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Legal Ease

President Obama Signs His First Commutation of Sentence At the brink of the incoming year, President Obama took a bold step for the first time and freed a federal inmate by means of a clemency. According to Stop the Drug War, Eugenia Marie Jennings of Alton, Illinois was almost halfway through a 22-year sentence for crack cocaine distribution when President Obama commuted her sentence. On November 21, 2011,

the President ordered her release on December 21, 2011 – just before Christmas and the New Year of 2012.

A clemency is not about technical issues within one's case nor is it about proving one's innocence, it's about change, self-reflection, sincere remorse and forgiveness. The U.S. Department of Justice states, the President has the authority to commute sentences for federal criminal convictions, which are those adjudicated in

the United States District Courts. Furthermore, the President's clemency power extends to convictions adjudicated in the Superior Court of the District of Columbia. However, the President cannot commute a state criminal sentence, only the Governor or appropriate authority of the state where you were convicted.

Vikki Hankins

Paralegal &

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We're on the Web!

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"Shout It Out"

DEVIRAL BAIN - LAWTEY, FL
EVERYTME I THINK OF YOU I
THINK OF CARL (RIP) YOUNG
MEMORIES TOGETHER,
SOMETIME, SOME TIME IS
TOO MUCH TIME. HOPEFULLY
SOMTHING GIVE IN YOUR
FAVOR YOUR WORLD!

**WILLIE POWELL - FLORIDA
CITY** OFTEN IMITATED BUT
NEVER DUPLICATED. THE
BLOCK IS NOT THE SAME
WITHOUT YOU. YOU ARE
TRULY MISSED, WE ALL LOVE
AND MISS YOU. P FUNK SAYS
WHAT'S UP

LALA - COLEMAN CAMP YOU
STILL MY BABY. (JUICEY)

EMIL JOHNSON -FCI JESUP
GONE BUT NOT FORGOTTEN
THINK ABOUT YOU
EVERYDAY FONDEST
MEMORY-JEFFERSON
STREET

WILLIE OWENS - LAKE CITY
YOU WILL ALWAYS BE ON MY

TEAM. TEN LIL NI... BOYS!
KEEP YOUR HEAD UP, I GOT
YOU.

**JOEMAIN CUMMINGS-
SANDERSON FL** WHAT'S UP
MAN? HANG IN THERE (MATT)

**RONDALE RIVERS - PUTNAM
COUNTY.** LOVE YOU AND
MISS YOU SON, GET IT
TOGETHER (ANGEL)

**SHAWN ROBINSON, GLENN
ALSTON,** - JUST WANT TO
TAKE THE TIME OUT TO TELL
YOU THAT I LOVE YOU BOTH
AND I KNOW I HAVEN'T BEEN
THERE LIKE I SHOULD HAVE,
BUT I'M DOING MY BEST. IT'S
COMPLICATED.

**DIRTY - PINELLAS COUNTY
JAIL** DAMN IM HATING THE
SHITTY ASS HAND THAT LIFE
HAS DEALT YOU. HANG IN
THERE. (TURK)

**CARLYLE, LIL WHOP, CHRIS
AND RICK FLY: FROM**

JACKSONVILLE, THE
STREETS ANIT THE SAME
WITH OUT YALL! (SWEET
BOY)

**CHARLES HUBBARD - USP
COLEMAN** I'LL NEVER
FORGET YOU ALTHOUGH AT
TIME IT MAY SEEM THAT I
HAVE . YOU WILL ALWAYS BE
IN MY HEART. HANG IN
THERE. (SHARLYNE)

**LORENZO NEWBORN - SAN
QUENTIN STATE PRISON**
KEEP YOUR HEAD UP
NEPHEW. LOVE YOUR AUNTIE
(MONICA)

**LUCAS HENRY -NAPANOCH
NEWYORK** JUST THINKING
ABOUT YOU SEXY, AND
WANTED YOU TO KNOW IT. I
REMAIN YOUR ANGEL.

**MJ JACKSON - LOWELL
CORRECTIONAL INSTITUTION**
YOUR TIME IS ALMOST UP,
CAN'T WAIT TO SEE YOU
HOME AND HAPPY. (HITASHA)

About Our Organization...

Dear Lisa Foundation is a
non-profit organization
that is dedicated to
providing re-entry care
and services to
incarcerated inmates
through life coaching and
mentoring programs. The

programs are designed to
empower the inmates to
recognize their individual
self-worth by taking a
direct personal interest in
the inmate and their
success while providing
assistance in the

development of positive
change. DLF mission is to
promote a free from
incarceration and crime
free lifestyle that is both
obtainable and
maintainable.

Angry

It's in me. No it is me.
Its engulfed me. It holds me.
It's all I see, and lately all I can be
I live it Everyday. I feel it.
I'm still ANGRY
Where is the line of forgiveness?
When will I cross it?
How can I will it?
I will ask again. No, I will pray.
Please let today be the day
Clear my mind. Clean my heart
Let me see past the dark.
I don't want it to own me anymore
I don't want to be
ANGRY

By Hitasha Stewart

DIRECTORY

A4J Publishing

A4J Publishing will make your book available on Amazon.com, Barnes & Noble.com
and you keep 100% of your royalties!

A 15% discount for incarcerated inmates!

www.a4jpublishing.com

We Do it All

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documents, pictures, Graphic Art work
And anything else you could think of.

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